

Snackin' Time on the Trail (Trail Mix)

Ingredients (per participant)

- ½ cup whole-wheat, corn, or rice squares cereal
- ¼ cup toasted oat cereal
- 2 tablespoons raisins, dates, or other dried fruit
- 1 tablespoon unsalted peanuts (*Do not include the nuts if you have someone with a peanut allergy.*)

Directions

1. Adjust ingredients based on class size.
2. Measure ingredients into a bowl and mix carefully.
3. Serve in individual bowls or cups.

Source: CATCH Kids Club Nutrition Session 5, page 42

